

weight. The length should be such that when you have drawn it to the limit of your capacity you have drawn it to the head. That would use a 26" arrow.

### Targets -

Regulation hand sewn eye straw type which retails at \$18.00 is best. For outdoor shooting leave the target in position rather than rolling it back & forth. Cover it with canvas or general sheet. Use regulation 48" size. Target faces can be made by colouring the back of it cloth with wax crayons.

Target stand - white pine or cypress - 2 pieces  $1\frac{1}{8}" \times 2" \times 6"$   
" "  $1\frac{1}{8}" \times 2" \times 6\frac{1}{2}"$

Build a hole thru the 3 pieces, put a bolt thru, the long leg being in the center.

## Handling an Archery Class.

- Don't give beginners large doses.
- Make everything clear and definite.
- Instructor put himself in beginner's place.
- All permitted to shoot at first possible moment.
- Train students to help assist in large classes.
- Supervise first shots.

### Lesson I

Class of 15. Any sex.

1 target 20 yds outdoors - 30" T at 18 yds. indoors.

Line up in Rt. order facing me. Form a  $\frac{1}{4}$  circle around me, facing me squarely.

● 1. Address target On "right face" turn toward target & "address" it. Keep looking straight ahead & extend L. A. out to S. Turn H. squarely to L. & if A. pointing directly at me in correct pos. of address. If H. not move ft so is. He too. Relax!

2. 6. Fund. - Roll up sleeve so R A. bare well above elbow.

● 1. Pos. of bow elbow. Hold L A up w. elbow bent, fist clenched, palm of H. toward u. T. H. over & straighten it; almost straight. Stop & A. gets completely straight. W. Rt. H. feel pt. of elbow.

Will find it pointing to S. - correct Arch. pos.

Extend L A as far as poss, locking L. elbow. & hold

● H. behind at wrist. The incorrect: hurt.

Relax! Try A. pos. again.

2. Pos. of bow wrist & H. Put A. up as 6.4 and extend fingers perfectly straight. Hold H. in 1. straight line. Wrist moving bk of H. wrap



fing. as though around bow. which will keep wrist straight. & when have bow in hd, will bring base knuckle of thumb in exact center of bow. Find - wrist straight.

3. Extend L. A. w. lbb bent & wrist straight. Shoulder as high as can - repeat - "Your l. shld. low". Don't bend at hips but have more out on L. hip ft. Give feeling of leaning inward larger which should have. Repeat 1-2-3.

4. Hd. of drawing hd. - it hd that means bk string. Draw string w. <sup>5</sup> 3 finger of it hd - don't use others. Extend L. A. again in shooting pos. & reach out as though were drawing string bk. Keep w. tips of finger & draw bk, close & L. A. all way, until it index finger is under jawbone. (4) The Index finger under jawbone.

5. Relax L. A. only & leave R. hd tight again. Hd w. at lbb. high, thumb again. Throat & index finger under jawbone. Touch center of chin w. 4 finger just where dangle is or should be. (5) The string in center of chin.

6. Hold pos & close L. eye.

Review 6 fund. Follow these, always make good scores & shoot consistently.

Chp. II - 1875 lessons.

Target - Matted, down straw. 4' in diam.

Old 4" odds 4 1/2" wide.

Bales of Hay used as sub.

Target Face - Can be paper or oil cloth. 52"

Draw own w poster paint. Keep target flat. Don't put target where rats.

Case - 3 pieces 1" x 3" - board. Center 4' from ground. Put bolt 29 joining of 3 boards about 5". Rope from 1 to other helps legs from slipping.

Bow - Lemon wood, yew & Hickory most common

Yew most expensive & flexible

Sap & heart. - Horn tips. Leather grip.

Lemon - Most common - Turned grip

Hickory - Self notices ends right in wood

Never stand in corner - use string or own rope

but if later use bow to lie on floor.

In winter keep in not to dry a place about 65°. Or move again hang in bathroom for few days to moisten up. String of linen hamp.



Arrows - Soft pine or cedar.

Notch

Head  
feathers  
Shaft

tip or file.

Self arrow, reinforced at tip & notch.

Bullet shaped or 11 piles.

Aluminum arrow also - at notch & file.

Breakage - tip. - Splinter  $\frac{1}{2}$  way up shaft.  
Notch comes off. Feathers off.

Arrow shaft clean & smooth. Use steel wool.  
& the cocoa butter. Dupont cement  
set w/ thread & allowed to dry.

Quiver - Pocket hooked on, steel or old card box.

Arrow Guard - Lace from below, upwards. Beginners use  
stem.

Range - 7-8 ft. tab, cover w/ 3 fingers. Beginners use

Point of Aim - Bobby pin can be used.

Range Finder -

Heave -

Wax well with bees wax.

Wind away from you - 3 threads waxed.

Out. Sackey - 192 - 193 yds.

## Sailing

Book: How to Sail - Carter Levine Series

Types of craft -

Schooner - a boat with 2 masts



Oct 20th  
Return to the house

Working fine

After lunch - took to station 2 calves P.R.  
bought 4 at the gate.

Put two calves - ending to make them  
leave over.

Been almost 400 ft. in the  
air in the 4th. (perhaps 300 ft. in the  
air) - 100 ft.

Then, after 4 miles

the first of the four calves fell down  
and was not able to get up. The  
other three calves were left.

Then, after 4 miles

the second of the four calves fell down  
and was not able to get up. The  
other two calves were left.

Then, after 4 miles

the third of the four calves fell down

and was not able to get up. The  
other calf was left. The calf was  
left in the air.

Then, after 4 miles

the fourth of the four calves fell down



Let's see  
The last section and in deep 100

After that

This night sleep with a  
thin white cloth  
Heavy coat against the wind  
at night sleep in a room  
being given to the eyes in a room  
and some people

After that  
Happened to see 500 to 300

Go to the next night in a room

After that I expect men stop

After that I expect men stop  
to see a man

After that I expect men stop  
to see a man

After that I expect men stop

After that I expect men stop  
to see a man  
After that I expect men stop  
to see a man  
After that I expect men stop  
to see a man